

Thursday - [B Central Town

[B] Central Town (Group C: 3.42 miles, Group B: 4.83 miles, Group A: 6.5 miles)

View the Route Maps:

Long (Group A): <http://www.mapmyrun.com/routes/view/158504395> [GPX File]

Medium (Group B): <http://www.mapmyrun.com/routes/view/158505163> [GPX File]

Short (Group C): <http://www.mapmyrun.com/routes/view/158506579> [GPX File]

Or... Download the whole Route Set [[ZIP File](#)]

NOTE Please be careful when running as the combination of rain on top of ice has made it very slippery underfoot especially the canal bank which was treacherous on Sunday.